

Autumn/Winter
2016

Food Super Heroes Menu

FREE

Super Hero school
meals for every
child in reception
and years 1 & 2

You could
save over
£430*
per child per year

Since September 2014, children in reception and years 1 & 2 are entitled to FREE school meals through the Government's 'Universal Infant Free School Meals' initiative. So who are we? We're Chartwells and are responsible for preparing your children's tasty meals. We love to help children discover and learn about the food they eat, where it comes from and how it's prepared. It's great fun for them and us!

We engage
with children
through fun
food activities.

Lovingly prepared,
tasty and nutritious
school meals.

We are proud
to have our own
team of registered
nutritionists.

If you would like to know more about our school meals, contact:
Katie Cooper - Tel: 01872 540536, e-mail: katie.cooper@compass-group.co.uk


Chartwells
EAT LEARN LIVE

Week one



If you don't fancy dessert, you can *always* enjoy fresh fruit or yoghurt

14/11, 5/12, 9/1, 30/1, 27/2, 20/3

Monday

Sizzling Beef Pizza

Cajun Spiced Organic Beef Pizza with Potato Wedges, Appleslaw and Peas

Vegetable Korma (V)

Vegetables in a Creamy Coconut Curry Sauce with Wholegrain Rice and Peas

Steamed Chocolate Sponge with Chocolate Sauce

Tuesday

Sadie's Chinese Chicken Noodles

Farm Assured Chicken in a Honey Roast Sauce with Egg Noodles, Sweetcorn and Herby Baked Courgettes

Super Hero Mac 'N' Cheese (V)

Macaroni in a Cheddar Cheese Sauce with Herby Baked Courgettes and Sweetcorn

Banana Bread and Butter Pudding with Custard

Wednesday

Roast Gammon with Bud's Crispy Spuds

Free Range Gammon with Parsnips, Braised Red Cabbage and Gravy

Cauli Corn Bake with Bud's Crispy Spuds (V)

Cauliflower and Sweetcorn in a Cheesy Sauce, Parsnips and Braised Red Cabbage

Giant Oaty Cookie

Thursday

Pasta Pack's Beef Bolognese

Organic Beef in an Italian Tomato Sauce with Wholegrain Pasta, Carrots and Peas

Super Hero Quorn Burger (V)

Quorn Burger in a Bun with Tomato Relish, Potato Wedges, Carrots and Peas

Fruity Flapjack

Friday

MSC Fish Fingers

Golden Pollock Fillet Fish Fingers with Chips, Baked Beans and Salad

Barry's BBQ Bean Wrap (V)

Tortilla Wrap filled with Mixed Beans in BBQ Sauce with Chips, Baked Beans and Salad

Apple and Cinnamon Muffin

Week two



Jacket Potatoes are available every day with a choice of filling

31/10, 21/11, 12/12, 16/1, 6/2, 6/3, 27/3

Monday

Bangers with a Mash Mountain

Farm Assured Pork Sausages with Creamy Mash Potato, Gravy, Peas and Roasted Veg

Sizzling Bean Fajita (V)

Tortilla Wrap filled with Marinated Mixed Beans with Peas and Roasted Veg

Warm Fruit Sponge with Custard

Tuesday

Beef Pie

Organic Beef and Onions Topped with a Suet Crust with Parsley Potatoes, Gravy, Broccoli and Carrots

Mozzarella and Ratatouille Pasta Bake (V)

Wholegrain Pasta in an Italian Tomato and Herb Sauce with Broccoli and Carrots

Oat Fruit Crumble & Custard

Wednesday

Roast Beef with Bud's Crispy Spuds

Organic Beef with Parsnips, Cabbage and Gravy

Super Quorn Roast with Bud's Crispy Spuds (V)

with Parsnips, Cabbage & Gravy

Mango Frozen Yoghurt

Thursday

Sadie's Coconut Chicken

Farm Assured Chicken in a Creamy Coconut Curry Sauce with Basmati Rice, Sweetcorn and Broccoli

Super Hero Mac 'N' Cheese (V)

Macaroni in a Cheddar Cheese Sauce with Broccoli and Sweetcorn

Toffee Rice Pudding

Friday

MSC Battered Fish

Crispy Battered Pollock Fillet with Chips, Baked Beans and Peas

Mediterranean Tart with Cous Cous (V)

Tomato and Spinach in a Shortcrust Pastry case with Baked Beans and Peas

Chocolate Oat Cookie with Fresh Fruit Slices

Week three

7/11, 28/11, 2/1, 23/1, 20/2, 13/3

Monday

Tomato and Mozzarella Pizza Bianca (V)

Cheese Sauce Pizza with Tomato Slices with Potato Wedges, Roasted Veg and Peas

Reggae Reggae Beans with Potato Wedges (V)

Mixed Beans in a Jerk BBQ Sauce with Potato wedges, Roasted Veg and Peas

Silvertop's Ice Cream Pot

Tuesday

Pasta Packs' Beef Meatballs

Organic Beef in a Tomato and Basil Sauce with Wholegrain Pasta, Carrots and Broccoli

Shepherdess Pie (V)

Veggie Mince with a Creamy Mash Top with Gravy, Carrots and Broccoli

Fruit Strudel with Custard

Wednesday

Roast Chicken with Bud's Crispy Spuds

Red Tractor Chicken with Cabbage, Cauliflower and Gravy

Cheese and Onion Roly Poly with Bud's Crispy Spuds (V)

A Pastry, Cheese and Onion Swirl with Roast Potatoes, Cabbage and Cauliflower

Fruity Jelly

Thursday

Beef Mexican Chilli

Organic Beef in a Mild Tomato Sauce with Wholegrain Rice, Sweetcorn and Broccoli

Pasta Pack's Veggie Bolognese (V)

Veggie Mince in Italian Tomato Sauce with Wholegrain Pasta, Broccoli and Sweetcorn

Boss' Banana and Sticky Toffee Pudding with Custard

Friday

MSC Fish Fingers or Salmon Goujons

Golden Pollock Fillet Fish Fingers or Salmon Goujons with Chips, Baked Beans and Coleslaw

Spanish Omelette (V)

Spanish Style Baked Potato Omelette with Chips, Baked Beans and Coleslaw

Chocolate Fruity Crispy

Reception, Year 1 & 2 Free
Year 3, 4, 5 & 6 £2.20

Available everyday:

- Fresh salad bar
- Fresh baked bread
- Fresh fruit and Yoghurt
- Jacket Potatoes with a choice of fillings

Our menus are Gold FFL accredited and include:

- Fresh Organic Beef
- Fresh Free Range Pork
- Fresh Red Tractor Chicken
- Farm Assured Sausages and Burgers
- Free Range Eggs
- MSC Fish – Sustainably Sourced Fish



There is a vegetarian choice *every day...* and don't forget that salad is available *daily.*

Our dishes contain increased levels of:

- Fruit & Vegetables
 - Pulses & Wholegrains
- to ensure a nutritious, balanced meal everyday.

Our Suppliers provide the freshest local ingredients:

- Westcountry Fruit and Vegetables
- Scorse Butchers
- Trewithen Dairy
- Proper Cornish

Keep yourself topped up with water - it will help you concentrate *all day long.*

